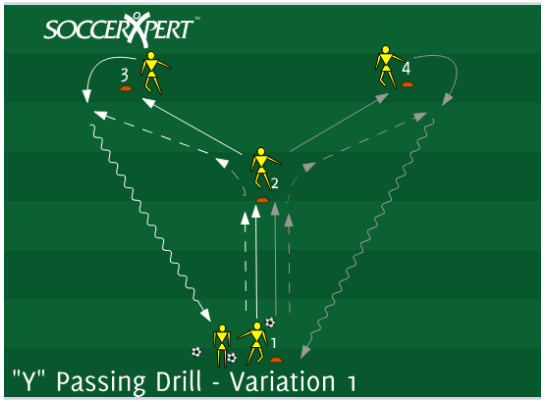


Drill Quick Glance

Age: 9+	**Field:** 15x20
Players: 5+	**Time:** 20 MINS.
Difficulty: MEDIUM	**Focus:** COMBINATION
Keeper: NO	**Type:** Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls

Y Passing Drill - Variation 1

Objective:
Develops players' ability to receive with an open body position, execute accurate passes, and transition quickly between roles. Encourages movement, decision-making, and proper body positioning when receiving the ball.

Setup

1. Use four cones to form a “Y” shape.
2. The base cone (#1) is 15 yards from the center cone (#2).
3. The top cones (#3 and #4) are 10 yards from the center cone.
4. Assign 5-6 players per setup, with one player at each cone and extra players lined up at cone #1.
5. Use two balls per Y formation to keep the pace high.

Instructions

1. Player 1 (at base) passes to Player 2 (center).
2. Player 2 receives with an open body and plays to Player 3 (top left).
3. Player 3 dribbles quickly back to cone #1 and passes to the next player in line.
4. Players rotate positions by following their pass.
5. The sequence repeats with Player 1 passing to Player 2, but this time Player 2 plays to Player 4 (top right).
6. Player 4 dribbles back to cone #1 and plays the ball to the next player in line.
7. The drill continues with players moving through each position.

Coaching Points

- Emphasize receiving with an open body to play forward quickly.
- Encourage firm, accurate passes to keep the drill flowing.
- Focus on quick decision-making and scanning before receiving.
- Ensure players dribble at speed when returning to the start.
- Reinforce communication and awareness to execute clean rotations.

Variations

- For multiple Y's set up, have a relay race where each player must complete the passing pattern twice.
- Require one-touch passing for advanced players.
- Increase the passing distance to challenge long-range accuracy.
- Add a time constraint to increase game speed.
- Reverse the passing pattern to develop both feet.
- Add a passive defender at cone #2 to create pressure on Player 2’s first touch.